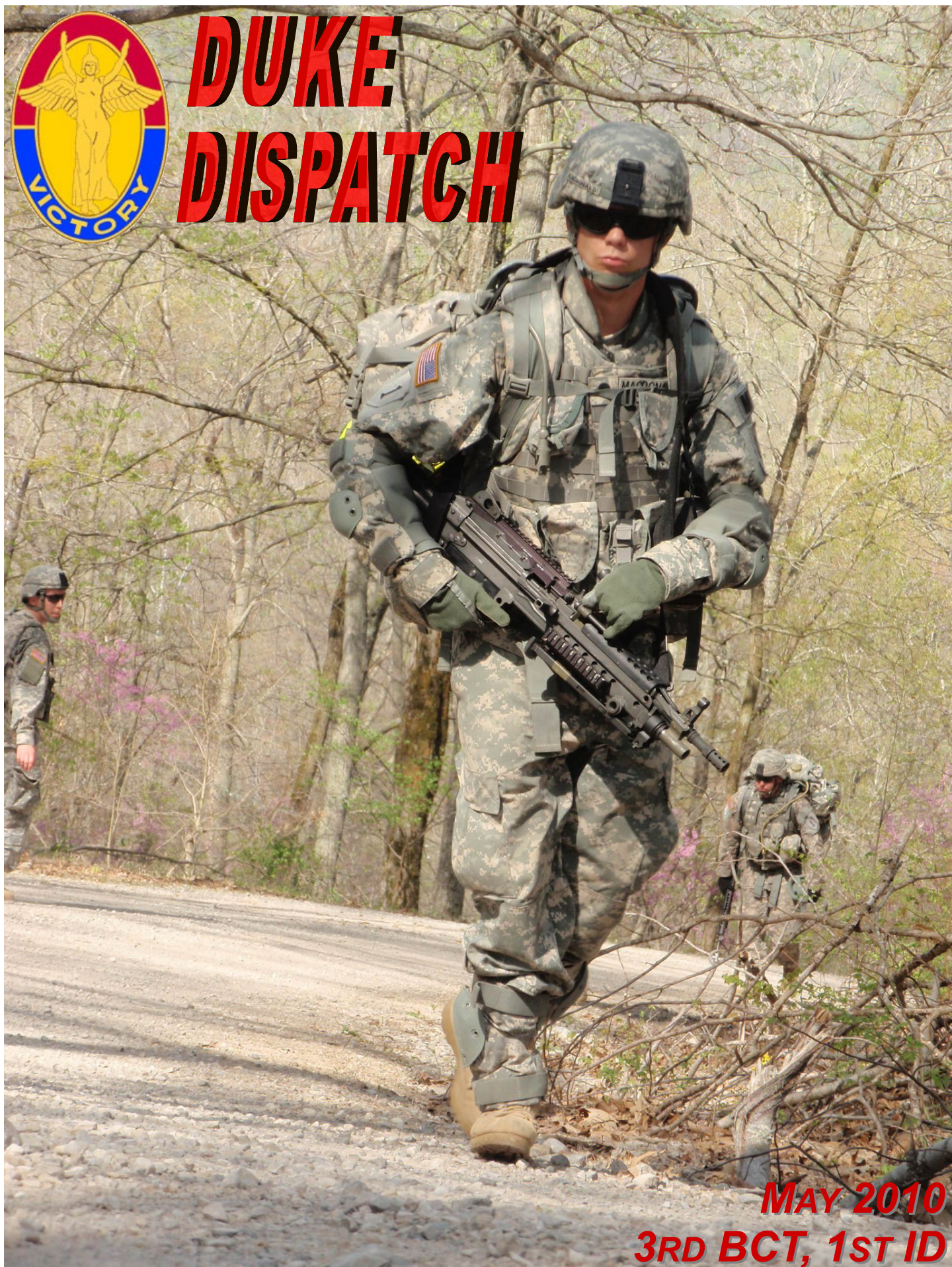




# ***DUKE DISPATCH***



***MAY 2010  
3RD BCT, 1ST ID***





Courtesy photo  
Battery B of Fort Knox's 1st Battalion, 6th Field Artillery Regiment prepared for live-fire qualifications March 3.

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## Commander's Corner

Colonel Christopher Toner  
3-1 Brigade Combat Team  
Brigade Commander

It has been a fast and furious seven months since the 3rd Brigade Combat Team, 1st Infantry Division reactivated here on Fort Knox, Ky. Since the time of our historic move to Fort Knox on Oct. 16, 2009 the Brigade has been hard at work. We have been aggressively training in our core and collective skills as warriors in preparation for global contingency operations. All the while, we have worked hard to support our military Families as they settle into the welcoming arms of our new post and its surrounding communities.

The Fort Knox and its surrounding communities have been gracious hosts as we continue to transition into our new home. Our Brigade currently has just over 1,200 Soldiers and families in the communities surrounding Fort Knox. The Brigade has been actively engaged in our partner communities as we have volunteered

in events such as Red Cross Helping Hands, Habitat for Humanity, and the Bullitt County Kids Fest. The Family Readiness Group is also doing tremendous work for our Soldiers. Most recently, the 1st Battalion 6th Field Artillery hosted a Spring Fling festival in Brandenburg with the 113th Army Band performing for our Soldiers and families. We are looking forward to future events including our participation in the 4th annual Hooray for Heroes celebration as we continue to support Families and engage the community.

Our Soldiers have been training very hard since our arrival at Fort Knox. Recently our Soldiers from the Special Troops Battalion competed in a weeklong event, Valiant Warrior Week. The companies of STB competed against each other in a series of physical fitness events and basic soldiering tasks designed to test Soldiers knowledge, ability to work in teams and their intestinal fortitude. I would like to congratulate the Soldiers who took part in Valiant Warrior Week.

Our combat arms battalions have been sharpening their already impressive warfighting skills. The 1-6 FA completed live-fire howitzer training in March and 6th Squadron 4th Cavalry Regiment, 1st Battalion 26th Infantry and 2nd Battalion 2nd Infantry have all completed small arms and crew-served weapons training. Our upcoming Brigade Fire Control Exercise will be a true test of our ability to



conduct combined arms operations.

I would like to take this time to recognize some great achievements by members of this Brigade. On December 8, 2009, Sgt. Zachary Swelfer of 2-2 IN was presented the Silver Star for valorous actions taken against the enemy while serving in Afghanistan. This award is a testament to the courage and bravery of this young Soldier, and we are proud to have him as a member of this Brigade. On that same day, 1-6 FA was awarded the Valorous Unit Award for its service in Iraq in 2004-05, where it performed a very dangerous maneuver mission. I would like to commend the 1-6 FA as a flexible and adaptive unit capable of accomplishing any mission assigned.

In closing, I would like to personally thank our family members for standing behind and supporting our Soldiers as we continue to train. I also ask you to send your thoughts and prayers to our Big Red One brothers and sisters who are currently deployed overseas.

The coming months will be fraught with hard work and training, but we will continue to embrace the challenge with open arms as we remember our motto of "No mission too difficult, no sacrifice too great, Duty First!"



Photo by Spc. Michael Griffiths  
Spc. Carlos Rodriguez of B Battery, 1-6 FA tosses a canister as the unit conducted 105mm live-fire qualification on March 09, 2010





## A Thought on a Spiritual Journey

Chaplain (Maj.) Mike Nishimura  
3rd Brigade Combat Team, 1st In-  
fantry Division  
Brigade Chaplain

The most popular translation of an ancient Chinese saying is “A journey of a thousand miles begins with a single step.” It is generally understood to emphasize the significance of beginning something new.

However, a more accurate translation may be “A journey of a thousand miles begins beneath one’s feet.” The Chinese philosopher Lao-Tzu emphasized the action arose naturally from within, from one’s stillness or spirit.

It is a very different thought from our usual Western approach to a journey. We are more goal-oriented. For us, it is the destination that matters most.

Therefore, our culture tends to emphasize the importance of planning for our actions in general, thus a saying like “Those who fail to plan, plan to fail.”

Regardless of your approach to a journey, we are all on a spiritual journey.

In recent months the Army has been emphasizing the concept of Comprehensive Soldier Fitness and Resilience.

One area of this fitness is spiritual fitness and resilience. Just as we train our bodies for physical fitness, we need to nurture and train our spiritual fitness.

Some would argue that we are all spiritual beings whether we recognize it or not. Spiritual resilience would only be only achieved through renewing one’s mind.

What I propose is that we need to take our spiritual journey seriously so that we continue to develop as a whole person.

As we make our journey through this life, we come to realize that we need occasional guidance. It may come from reading Holy Scripture, from spiritual directors or mentors, or from numerous other influences we encounter during our daily experience.

Our journey may be quite lonely if we travel alone, so we are grateful when others travel with us.

While on our spiritual journeys, we may experience some unexpected detours. We sometimes have to change our mode of transportation. Depending on which fork in the road we take, there will be different consequences to follow. So, the whole experience or process of the journey becomes even more significant.

Another significant issue with our spiritual journey is that we should enjoy it.

When I was young my family lived quite far from our grandparents. So, during our summer vacation, my brother and I used to take train trips to visit our grandparents. We enjoyed our train rides; spectacular scenery along the coast line, trying different local foods, or just riding



on a train to go somewhere. Our spiritual journey should also be enjoyable.

We may receive encouragement from fellow travelers, receive inspiration from people we’ve never met through their stories, or vicariously visit places we’ve never dreamed of going.

As we continue to develop and nurture our spiritual resiliency during these challenging times, I encourage you to be very intentional about your spiritual journey.

Ask yourself a few questions. How is your journey shaping up? Are you experiencing any detours or changes in direction? And perhaps most importantly, are you really enjoying your journey?



Photo by Sgt. Brandon Sandefur  
Soldiers took cover after an  
'ambush' on the road.  
by litter.

## Soldiers train for Expert Field Medical Badge on Fort Knox

By Sgt. John Zumer  
3rd Brigade Combat Team  
1st Infantry Division

Higher pay and greater benefits are powerful motivators for some people, but the chance to be recognized for excellence among peers can't be underestimated.

Recent Expert Field Medical Badge training on Fort Knox, hosted by the 201st Brigade Support Battalion, provided Soldiers with an opportunity to showcase their talents. If the enthusiasm evident in the training held March 22-24 is any indication, many Soldiers will be prepared to shine when their time to perform arrives.

The EFMB is an honor bestowed on worthy Soldiers in the medical field. Just as the Expert Infantryman

Badge tests a Soldier's proficiency in infantry skills, the EFMB tests the proficiency of medical personnel, according to Sgt. Daniel Shirley, who served as an instructor during the three-day training exercise.

"EFMB certification allows for a Soldier to be recognized within his profession," said Shirley of Co. C, 201st BSB of Fort Knox's 3rd Brigade Combat Team, 1st Infantry Division.

Shirley also played a part in planning the training, of which the ultimate goal was to prepare Soldiers for EFMB testing at a later date.

During the daily battle drills leading up to the exercise, numerous tasks like evaluating casualties, starting intravenous treatments, applying bandages, etc., were fre-

quently practiced. Once the exercise started, a different training theme was featured each day.

Day One was an evacuation lane scenario where simulated victims were brought to a vehicle by litter over an obstacle course. Soldiers couldn't relay the normal nine-line MEDEVAC message for an aerial extraction because of terrain difficulties, so trainees had to ensure everything was prepared correctly for a vehicle extraction.

Day Two featured a CBRN lane (chemical, biological, radiological, and nuclear) where Soldiers had to decontaminate themselves and don appropriate protective clothing.

Day Three focused on assessing casualties from head to toe and applying tourniquets, among other tasks.





Training is open to every military occupational specialty in the medical field, and the majority of Co. C was present, said Shirley.

The training attempts to imitate battlefield situations as much as possible. For some involved, things couldn't have worked out any better.

"The Day Three lane exceeded my expectations with the realism," said 1st Sgt. Robert Winchel.

Winchel entrusted the NCOs in his company to plan and organize the training lanes, and emphasized their importance in preparing junior Soldiers for the EFMB training certification. Opportunities to become EFMB-certified are hosted at certain military facilities throughout the year.

But the training didn't just focus on medical matters. Soldiers were also able to practice their general military skills.

"The training involves several warrior skills ranging from correcting a malfunction of an M4 rifle, moving under direct fire, reacting to an un-



Photo by Sgt. Brandon Sandefur  
Pvt. Joshua Howard reassembled an M4 rifle..

exploded ordinance or improvised explosive device, and communication skills of operating SINCGARS, MEDEVAC request, and various SPOT reports," said Winchel.

"Morale has been good and Soldiers have learned a lot," said Shirley.

"I found the training good because I learned a lot of things I didn't know," said Spc. John Washer, a bio-medical equipment technician. "For me, what was awesome was having a knowledgeable NCO on-hand during the scenarios."

While the prestige associated with earning the EFMB is considerable, there are other things to consider and be grateful for, according to Winchel.

"It's been excellent training in preparation for our wartime mission, regardless of whether we're able to get any slots at an EFMB testing site," he said.

For all the skills practiced and things learned throughout the exercise, however, an even more impor-

tant benefit emerged from the three days. No one was hurt.

"Safety is paramount in all lifts, movements, and activities throughout the training," said Shirley.



Photo by Sgt. Brandon Sandefur  
Soldiers prepared to evacuate a casualty by litter.



Photo by Sgt. Brandon Sandefur  
A Soldier performed first aid on a mannequin.





## Valiant Warrior Competition leaves Soldiers tired, battle ready

Story by Sgt. John P. Zumer  
3rd Brigade Combat Team  
1st Infantry Division

The Winston Churchill analogy about blood and tears may not have been relevant, but plenty of sweat was evident as Soldiers took part in a recent Valiant Warrior competition. Four grueling days of events at numerous Fort Knox locations made for many tired competitors, but left many lasting skills and memories.

The Valiant Warrior competition, held from April 12-16, was to commemorate the birthday of the 3/1 Special Troops Battalion, which traces its stand-up to April 16, 2007.

STB companies include Soldiers with diverse skills ranging from engineers and military intelligence, to signal personnel and military policemen.

Cake and punch weren't the only

things on the agenda, however.

"We're celebrating the battalion's birthday, but it (competition) gives Soldiers and leaders the opportunities to test their skills," said Capt. David Little, commander, Headquarters and Headquarters Company, Special Troops Battalion.

Events on Day One included team-based physical training contests like shuttle relays on a running track, log carries, and scaling walls. Points were awarded based on repetitions completed or time elapsed. Scores were compiled over the course of the week, and used to determine an overall team champion.

Soldiers were confronted with Day Two activities featuring an eight-mile foot march to Scott Mountain Range and back. Unfortunately for the tired Soldiers, there was no rest involved.

"That last hill was harder than the

whole ruck," said Pfc. Andrew Hurwitz, 3-1 HHC BDE, about the massive, winding hill leading up to Scott.

Exhaustion isn't always such a bad thing, however, according to some.

"This is the first gut check of the year. In Afghanistan, there is no getting tired or you can get killed. It helps us as leaders gauge our Soldiers, to see who we need to train more," said Sgt. Al Crawford, a combat medic with HHC, STB.

Skill stations at Scott were set-up covering related topics like basic rifle marksmanship, and a "round-robin" of training on six different weapons systems was also included. A "stress shoot" combining a two-man tire drag, short but rapid squad movements, and live firing helped to heighten the realism.

"I knew if I stopped I'd probably die," said Spc. James Haris, 3-1 STB HHC, about his motivation for the stress test.

Day Three events may have been the most taxing of all. Teams from the units involved journeyed to the Beaudoin Obstacle Course for skill, strength and agility tests that weren't for the faint of heart. Features of the course included crawling; scaling obstacles such as walls, logs and cargo nets; and overcoming agility and balance obstacles such as a horizontal rope, horizontal pipe, and monkey bar obstacles)

STB Soldiers began Day Three with a Humvee Push at Hurley Motor Pool. While the need to actually push a Humvee may never surface, the event accomplished a greater purpose.

"It (Humvee push) gives them an idea of how heavy a Humvee is, and makes them work together as a team," said Staff. Sgt. Richard Van Dreesse, HHC, STB, who served as the non commissioned officer in charge of the event.



Photo by Spc. Tobey White  
Spc Robert McCail from the 3<sup>rd</sup> Brigade 1<sup>st</sup> Infantry Division Special Troops Battalion Headquarters reassembles a 240 Bravo, as Sgt Jacob Pankew grades his efforts on Tuesday, April 13.





Photo by Spc. Tobey A. White

Soldiers from the 3rd Brigade 1st Infantry Division Headquarters pull a Humvee 100 yards during one of the contests of Valiant Warriors week on Wednesday, April 14.

With a vehicle weight approaching 5000 pounds, Humvees were pushed 150 meters up a slight grade by teams consisting of nine pushers and a driver. The intention was to simulate moving a disabled vehicle in a danger zone to a safe zone without recovery assets. Van Dreese was appreciative of the chance to participate in such a unique event, and grateful for those who made it possible.

"I'd like to thank our command for giving us this training event to build camaraderie and prepare for upcoming deployment," he said.

Activities on Day Four may not have been combat related, but the friendly competition was no less in-

tense. Soldiers competed in kick ball, tug of war, a relay race, combatives, and Ultimate Frisbee, while Family members enjoyed a picnic under the sun at the Kilianski sports complex.

The Valiant Warrior week drew to a close on Friday, with a four mile battalion run lead by Lt. Col. Ryan Janovic, commander, 3/1 STB.

The STB's Alpha Company was declared the overall winner of the competition, which officially ended with everyone enjoying cake after some remarks by battalion leadership.

Perhaps the most valuable part of the competition was not the skills learned and practiced, however,

but discovering what skills still need to be learned.

"We need better train-up for the events," said Crawford.

Sgt. Samuel Knutson, HHC BDE, agreed, citing the need to include more litter carries and things not done often such as the Humvee push.

The week's objective of simulating battlefield conditions was met, however, and as the 3/1 prepares for a potential deployment, one Soldier reminded his comrades to remember another vital piece of the pre-deployment puzzle.

"Spend as much time with your Families as possible," said Crawford.





## Off-duty area info supplied by FRG

By Spc. Tobey White  
3rd Brigade Combat Team  
1st Infantry Division

Moving to a new area can be difficult and intimidating, especially for military personnel. Not knowing where to go for a fun weekend activity or where to take a significant other for a date can put a damper on the quality of life that this region of Kentucky has to offer.

The Family Readiness Group hosted a tourism fair for the Soldiers of the 1st Battalion, 26th Infantry Regiment on the morning of April 9 to educate them about the area's attractions.

The idea for the event came after Kate Johnson, who worked with the unit's Family Resource Group, brought the idea up at an FRG meeting. The group felt the event would fulfill a need for Soldiers that wasn't being met.



Photo by Spc. Tobey White  
Spc. Titus Upshaw looks at brochures on local attractions April 9 at a tourism fair hosted by the Family Readiness Group at Fort Knox.



Photo by Spc. Tobey White  
A Soldier and his family get information on local attractions.

Johnson experienced trouble adjusting to this area at first, and started picking up brochures from everywhere she visited. She wanted to share the information she'd collected about the hidden gems Kentucky has to offer, she said.

The fair's booths provided information about cities such as Lexington in central Kentucky and Bowling Green in western Kentucky, as well as nearby cities like Elizabethtown and Louisville.

"I've never been here, and it is a great way to understand what the area has to offer," said Sgt. Kyle Adams of the 1-26. He was able to locate a dancing class for he and his wife and a Family event for his kids.

The various tourism organizations present were enthusiastic about having the opportunity to talk to the Soldiers about what the area had to offer, said LaShannda Harris, the FRG representative.

"We're people people," said Edna Meyers, a representative from

Elizabethtown.

Booths featured varied themes—from what to do on date night to where to take the little ones for Family fun. The representatives also talked about where to find outdoor activities and good food.

"The event is awesome, and the best thing is that the FRG put this together for the Soldiers and Families," said Col. Chris Toner, the commander of the 3rd Brigade. "It's another indication of how much the community has welcomed us with open arms."

With block leave and warm weather looming for Soldiers and Families, the event was a great way to showcase many area opportunities that don't break the bank, said Lisa Jones, the wife of LTC Brock Jones, the commander of the 1-26.

"I hope they leave here with at least one place they can visit," Harris said. "I want them to know they don't have to spend \$700 for a vacation when they can go 45 minutes down the road for much less."





## Duke Brigade supports 2/101 at the Army's Joint Readiness Training Center

By 1st. Lt. Daniel Belanger  
1st Infantry Division, 3rd Brigade  
Combat Team, 2nd Battalion 2nd  
Infantry Regiment

Soldiers from Fort Knox's 2nd Battalion, 2nd Infantry Regiment supported 2nd Brigade, 101st Airborne Division during their rotation through the Army's Joint Readiness Training Center (JRTC) at Fort Polk, La. The training rotation provides

rotational units with realistic opportunities to conduct joint operations that emphasize contingency force missions.

Soldiers from Alpha, Bravo and Charlie Companies within 2-2 Infantry provided support by acting as host nation military forces and Observer/Controllers. Inclusion of these forces provided rotational units with the opportunity to integrate their host nation counterparts

into planning and operations and gain valuable feedback from Observer/Controllers.

Sgt. Seth M. McLaughlin and Pfc. Adrian N. Bitela of 2nd Platoon, Alpha Company, 2-2 Infantry acted as host nation military. Sgt. McLaughlin noticed a distinct separation between forces initially, but as training progressed units learned "to fight shoulder to shoulder."

Integration of forces was not without its challenges, however. Acting as host nation military forces, Soldiers from 2-2 Infantry were given specific instructions to closely mimic the challenges that Soldiers of the 101st Airborne Division would face while deployed. One of these challenges was the language barrier between forces; host nation military were unable to speak or understand English without a translator.

Pfc. Bitela noted that despite the enforced language barrier, "in a real life situation, I could still communicate with them and they could communicate with me."

As part of the training, host nation civilians would sometimes tell host nation military forces things they would not tell the U.S. Army.

"We were able to get something



Courtesy photo  
Soldiers prepared for opposing force operations while training at the Army's Joint Readiness Training Center at Fort Polk, La.





## Soldiers celebrate Spring in Brandenburg

Spc. Tobey White  
3rd Brigade Combat Team, 1st Infantry Division

Live music from the Army band greeted Soldiers of the 1st Battalion, 6th Field Artillery and their Families as they approached a picnic area in Riverfront Park in Brandenburg, Ky.

The Family Readiness Group organized a Spring Fling for the Soldiers and their Families on Saturday, April 17.

"We think family is very important," said Sonya Session, a FRG representative said. "With the unit getting ready to deploy, we wanted to get together."

The event took place from 11 a.m. to 3 p.m. and was attended by almost 400 Soldiers and their family members as well as Brandenburg's mayor, David Pace.

Months of planning went into the celebration, Session said. They chose the location for the event because they were partners with Brandenburg and the park was in a beautiful area.

"We visited it prior to the party, and thought this is it," Session said.

They sent out invitations inviting the Soldiers and their Families to the event. Maps were provided showing them how to get to Brandenburg.

"I'm new, so I learned about the Spring Fling in formation," said Spc. Keven Stacey from the 1-6. "The map was extremely helpful, because I don't know my way around yet."

A bounce house and inflatable donut holes were provided for the children. Several Soldiers took advantage of a frisbee and football to



Photo by Spc. Tobey White  
Quinton Stacey, son of Spc. Kevin Stacey, plays on an inner tube at Brandenburg, Ky.'s Spring Fling festival.

play a game. Other Soldiers and their Families pulled out lawn chairs and listened to the Army band play songs while their kids played on the play ground.

"A lot of us come from different places. This is a chance to get to know each other," Session said.

For Spc. David Heiath the event was a chance to show off his barbecuing skills. He heard they needed people to help with the event and he offered to help with the grilling.

"It's nice to attend something like this," Heiath said. "I get to see people out of work. I like it."

The event was a way to build camaraderie between the Soldiers and each other's Families, Session said.



Photo by Spc. Tobey White  
Soldiers prepare their lunch at Brandenburg, Ky.'s Spring Fling festival on Saturday, April 17.





Photo by Spc. Tobey White  
Lucas Che Rivera while attending the 6th Squadron, 4th Cavalry Regiment's Easter Celebration, had his face painted in Spiderman fashion..

## FRG hosts spring celebration

Story by Spc. Tobey White  
3rd Brigade Combat Team, 1st Infantry Division

The children of the 6th Squadron 4th Cavalry Regiment Soldiers stared at plastic Easter eggs as they eagerly awaited the word "go." When they were told "go," they raced across the grass, frantically trying to gather as many Easter eggs as they could before other children found the eggs. Parents milled around and occasionally pointed out an egg the children had missed.

The Family Readiness Group spring celebration on Thursday, April 1, served as an opportunity for Soldiers to eat free food, to play games and to meet each other's families and socialize in a casual setting.

This was the third event hosted by the FRG since 6-4 Cav reached Fort

Knox in October. Other events included celebrations for Halloween and Christmas.

"The children get eggs and the opportunity to interact with other children and meet new friends," said Ann Timmons, the FRG planner for the event.

Although the celebration started as a company event, it turned into a larger event that included the entire 6-4 Cav. This way the event would be big enough so there would be plenty of children to play with, Timmons said.

"It is a chance to get to know other wives before the unit deploys," Timmons said. "They can put a face to a name. Soldiers can have peace of mind that this is what they can expect from FRG while they are deployed, and that we will be there for them."

Children participated in an Easter egg hunt and were able to play in a bounce house. The organizers also hosted spoon and egg races and a bean sack toss. Face painting and getting a photo taken with the Easter bunny were also available.

"The event is great," said Christine Frausto, a wife of a Soldier in 6-4 Cav. "The weather is perfect for this kind of event, and the children are having a great time."

For 1st Sgt. Matt Selph, the day was a chance to bring families together and show that the children are an important part of the equation when it comes to a healthy unit, he said.

"It shows when we are deployed that we still have a support system," Selph said. "If families are unhappy, Soldiers are unhappy. If the families are happy, it makes life easier."